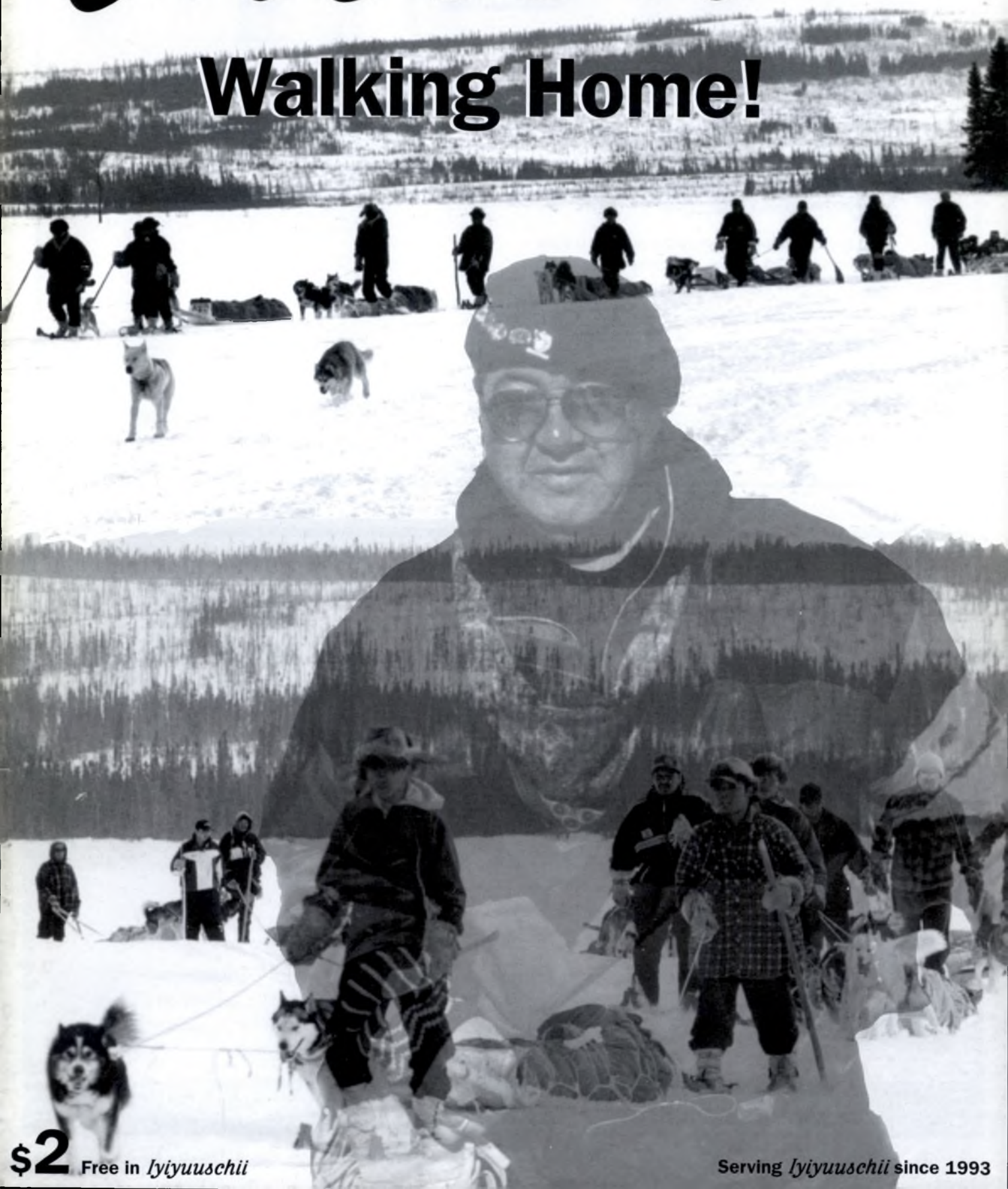


# Nation

Volume 6, No. 11 • April 23, 1999

## Walking Home!



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## Time for a true change

This editorial is going to be short. As short as the way Minister Guy Chevrette has treated the Crees. I hear that, after demanding a meeting with the chiefs to clear up forestry and axing the Cree/Quebec Memorandum of Understanding negotiations and funding, Chevrette canceled a scheduled meeting until after goose break.

I seem to remember that, in 1972, Bourassa had the same reaction to the Crees. He was too busy to see them. It's now 1999; a different political party and Quebec's response is the same. Chevrette is too busy to see the Crees except when he wants to.

I think the Crees should get busy too. Haven't we been slighted enough?

Just look at the James Bay and Northern Quebec Agreement, and all the breaches and unfulfilled obligations and rights. A Grand Council of the Crees official once told me that, in terms of honouring the Agreement, Quebec's report card would be about 40 points out of a hundred. That's dismal, that's disappointing and that's down-right criminal.

You'd have thought a political party that cries about the way Ottawa treats them, and says they must separate because of all the injustices and ill-treatment "English" Canada has accorded them, would be more circumspect. But this is not so, and it is proved over and over again.

It is time for a change, a true change. We cannot continue to be played for fools while the Guy Chevrettes of the world play for time.

In the James Bay and Northern Quebec Agreement, Crees were guaranteed a role in regional development. It has never happened and, thus, we have our many court cases, including the now-infamous forestry case. We have never had the major role we were promised and that which was adopted into law by both Quebec and Canada.

We were promised jobs, including 150 of them by Hydro-Quebec in the 1986 La Grande Agreement. It never happened. If the dams in our territory had happened in Alabama and the proportion of blacks to whites hired was the same, there would have been a race war. But we, Crees, are expected to sit back and hope that someday they'll make true on their offer. The jobs have never happened. How many summer jobs have you seen Cree youth getting in the hydro-electric projects, the forestry companies or the mining companies?

Is it any wonder Crees are labeled anti-development. Where have Crees seen any fairness?

Our rights are trampled on, we put up with racist hiring policies and attitudes, we see our land being destroyed, we see the animal populations disappearing, the past relationship with Quebec and Canada has been one of genocide (as defined under international law), and nothing seems to change except the names of the people doing these things.

As we are pushed off our land by the forestry, dams and non-Native cottage owners, is this not similar to the "ethnic cleansing" Canada is fighting so bravely in far away in Kosovo?

It has to change. If Quebec can separate, then why cannot the Crees? Every argument they make we can make in a stronger way. It doesn't necessarily have to be from Canada; perhaps we could apply to regain territorial status since Quebec cannot seem to handle a mutually beneficial relationship with the Crees. Or why not just go for the sovereignty thing for ourselves. I don't know, this is up to the people. But I know one thing. It's damn well time for a change.

by William Nicholls

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Walkers reach Nemaska.

Photographer: Thomas Jolly  
Cover Design: Sylvia Tennisco



# Ooooooooookay!

**B**ear with me on this dear readers.

Two adventurers from *Chicago* and *Milwaukee* paddled their canoe from the *Mississippi* River towards the *muskeg* in search of *caribou* and *moose* during a raging *blizzard* in Northern *Canada*. They didn't see any life except for a few *chipmunks*, a *raccoon* and a *skunk*. The set up their *teepee* only after they found building an *igloo* too complex. Once their *wigwam* was up they ate. One of them had brought along nutritious snacks such as *pecans*, *squash*, *avocado*, *tapiooca* pudding, *papaya*, *potatoes*, Oh Henry *chocolate*, dried *tomatoes* and even *pemmican* from the Cree in James Bay. "Okay, let's move on," said one of them after a pipeful of *tobacco* for one and a Cuban *cigar* for the other. "This *blizzard*'s bound to turn into a *hurricane*." Once on their way, they saw the strangest sight. An animal that looked like a *cougar*. And argument ensued, "It looks like a *puma*," said one of them. "No, it looks more like a *jaguar*," said the other.

Winter arrived so they built a *toboggan* using the slabs of *mahogany* they had brought along. One of them was so proud of their sleek new black sled he took the rest of the day off and relaxed on his *hammock*, *honking* the Roy Orbison tune *Blue Bayou*, while his more industrious friend took the time to patch up his torn *moccasins* and *poncho*. The one dozing on the *hammock* didn't have to do such work. He had a new pair of *Eskimo mukluks* and *parka* that made the winter winds feel like a summer *chinook*.

The one who had been napping awoke, stretched, yawned and said, "I'm starving. I dreamt I was a *shark* and I was feeding on *piranhas*."

The above story, my friends, was my extremely long winded, whimsical and not too clever way of introducing this week's topic: Native words that have been adopted by the English language. English is such a mongrel tongue. Maybe that's the reason why it's the truly in-

ternational language.

Author Jack Weatherford says in his book, *Native Roots*, that the English language contains 2,200 words taken from the Native languages of America. Two hundred of which are in common use. The above tale has about 35 words of South and North American origin. Five, I'm positive, are Cree. *Muskeg* (*Mischekw*), *Mississippi* (*misisiipii* or *Chesippi*) *Chicago* (*Shikaakw*), *pemmican* (*Pimikaan*), *Eskimo* (*Ischiimeu*) and *moccasin* (*Mischin*) The now politically incorrect word *squaw* (*iskwaau*) is also Cree. Other words such as *savannah*, *potato* and *hammock* (*hammoc*) come from the Taino. *Bayou* is *Choctaw*, *cigar* is *Mayan*. The word *toboggan* is *Mikmaw*. *Poncho* is from the *Mapuche* of Chile. *Canoe* is *Carib* or *Arawak*. Another word, which I always thought came from merry old England, *Dory*, is from the *Mosquito* tongue. *Caucus*, says *Native Roots*, is from the *Algonquin* for group meeting. The word *blizzard* first appeared when Davey Crockett ("King of the Wild Frontier") used it, without explanation, in 1834. Weatherford assumes it was already commonly used at the time. The word *okay* has two possible origins. It first appeared in print in the *Boston Atlas* and was defined as "oll korrekt." Weatherford believes it may have come from the *Choctaw* word "oke" which means "it is" or "it is so." Weatherford continues, "Okay pops up as frequently in German or Spanish as in English, and it has even entered common speech in Arabic, Russian. Okay may become the first truly international word understood in every country of the world."

Ooooooooookay Jack.

Another interesting word Weatherford shows the origin of is "bootleg." He writes that bootleg came about when Indians were forbidden to bring alcohol into reservations; they would smuggle in bottles in their boots.

Hmm. That gives me an idea...

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# Nation



## CANADA VIOLATING HUMAN RIGHTS OF NATIVES, UN SAYS

Canada is violating international law and the human rights of First Nations people, according to the United Nations Human Rights Committee.

The social situation of Native people "is the most pressing human-rights issue facing Canadians," the committee said in a report March 26.

By ignoring the 1996 Royal Commission on Aboriginal Peoples, the Canadian government is violating the International Covenant on Civil and Political Rights. The covenant, signed in 1976, is one of the UN's key human-rights treaties and a pillar of the UN's International Bill of Rights.

First Nations officials called the UN report a devastating indictment of Canada's policies. "This is above our expectations. It's a great day for the Innu and the rights of all Aboriginal peoples," Armand McKenzie, an Innu lawyer, said in a Montreal Gazette report.

"This is important because the government has to revoke its policies regarding the extinguishment of Aboriginal rights."

But an Indian Affairs spokeswoman dismissed the UN report, saying the Liberal government has already made all the necessary reforms in its policies.

The report praised Ottawa for holding public consultations and creating Nunavut, the new Inuit-dominated territory. But it went on to say that "all peoples must be able to freely dispose of their natural wealth and resources and... they may not be deprived of their own means of subsistence."

The UN committee also criticized Canada for its deportation policy, the growing number of homeless and other issues.

Its chief recommendation, however, was that the government must take swift action on the royal commission's recommendations. Also worrisome is the inadequacy of legal remedies for violation of Native rights and the lack of an inquiry into the death of Chippewa protester Dudley George, shot to death by the Ontario Provincial Police in 1995 in Ipperwash, Ont.



## DEC. 31 SET AS DEADLINE FOR HYDRO DEAL

Hydro-Quebec met with Cree leaders in Montreal over two days to propose a hydro-electric project involving a partial diversion of the Rupert River into the Eastmain basin.

Hydro spokeswoman Claudine Aucuit called the sessions exploratory meetings in which the provincial utility presented a commercial opportunity to the Crees.

If Crees are interested there is the possibility of a partnership, Aucuit said. The project would take five to seven years to complete and at that time they forecast commercial opportunities. "Those opportunities will be around, but they may not be until three to five years later," said Aucuit.

She also stressed that Hydro-Quebec sees 1999 as an important year to begin preliminary studies, but added, "We're not going into the field if we're not wanted."

Deputy Grand Chief Violet Pachanos said the chiefs were only looking at all the potential options.

"Nobody's ready to do or sign anything yet. It seemed, though, that Hydro-Quebec was pushing for a deal. Wemindji Chief Walter Hughboy previously mentioned that Hydro-Quebec was setting a deadline of May 31. This was the reason for the Council/Board's quick meeting with Hydro-Quebec."

At the meeting, Mistissini Chief Kenny Loon raised concerns over the May 31 deadline. Mistissini representative Kenny Blacksmith said it was putting undue pressure on the Cree people. He also told Vandal that if Hydro wants to be partners with the Crees, this was

not a good tactic to start off with.

Loon said before anything happens, Crees will have to do community consultations and environmental studies. Blacksmith said Hydro's data would have to be independently verified by the Crees.

Hydro presented a video showing the proposed project and some of the changes. Loon said he wants independent verification of Hydro's claim that Mistissini Lake would be only minimally affected.

Another community that is worried is Nemaska. Chief George Wapachee said Nemaska stands for an abundance of fish and asked what will happen to them. Wapachee said his community opposes the project, but acknowledged there are two camps of thought among Crees.

"Other communities might go for it. We have to weigh both sides. Maybe we should have a KNOW campaign," he joked.

Pachanos said Chisasibi's and the Crees' past relationships with Hydro-Quebec make her a bit skeptical on a partnership deal. She admitted some chiefs were under the assumption there was a rigid timetable and there were "some who thought it might be a good thing [to be partners with Hydro-Quebec and some who say no]."

Vandal agreed that there would be no May 31 deadline, but added that the window of opportunity is small. He suggested a decision should be made in 1999 to begin preliminary studies.

All in all, Aucuit said Hydro-Quebec felt both of the meetings went well.

by William Nicholls



**Beautiful. Just beautiful**

### Letter to *The Nation*:

To all of you who were involved with the calendar.

Helen Menegatos, nutritionist, and myself want to congratulate you for the beautiful, colourful and attractive production of the prenatal nutrition calendar. I can certainly say that I knew without a doubt that it would be a beautiful project, but beautiful was an under-statement. It looks gorgeous from the beginning to the end.

Even the cover picture of the breastfeeding baby would make "La Leche League" envious. It represents so perfectly our thoughts on good nutrition for healthy babies and children.

We received many comments from people in the communities and some health specialists on how eye-catching and how pleasing it is to "browse" through it and that we should send some to breastfeeding organizations and children's hospitals.

Thank you, Christine Lajeunesse, for the beauty of your design. You sure know how

to make something stand out and look good. Thank you, Sylvia Tennisco, for the funny and cute drawings that are pleasant to discover as we flip through the pages. Thank you also for being so patient and for touching up your drawings to please our fussy eyes.

Special thanks to “our partner” Catherine Bainbridge for jumping into this project with as much enthusiasm as if it was her own, for being the best advisor on every little detail for the mysterious process of creating a calendar, and for putting so many hours and drinking so many cappuccinos in order to make it... perfect (at least the closest it is humanly possible).

Sincere thanks to everyone at Beesum Communications for letting us work as a team in order to offer to the James Bay Cree population a product they will feel very proud of. I certainly am.

Until the next project, take good care.

## Lucie Leclerc

**Nutritionist, Cree Board of Health and  
Social Services of James Bay**



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## WASWANIPIS ET TO BLOCK ROAD THIS SUMMER

The Waswanipi band council has decided to go ahead with a blockade to protest forestry policies sometime this summer, according to a council member.

The decision was not made in a formal resolution, but the chief, John Kitchen, reportedly supported the idea.

The idea was then brought before a community general assembly in mid-April. Present at the assembly was Grand Chief Matthew Coon Come, who was given a vote of confidence to proceed with the Cree forestry court action filed last summer.

Community members also supported the idea of filing an injunction to halt forestry operations in Cree territory.

The idea of a blockade has floated around for years in Waswanipi and other communities hit hardest by forestry.

The council member said Waswanipi never went ahead with the idea before because residents wanted to exhaust all other avenues, like legal action.

"Now, we're getting nowhere with the court case. It seems to me our neighbours are getting somewhere with road-blocks," said the councillor. "So we're going for it."

The location and timing of the road-block have yet to be decided, but it would probably be located on a logging road in Category II or III land, the council member said.

Donohue and Barrette-Chapais are apparently two of the blockade targets being considered.

A Donohue official reacted with surprise to Waswanipi's decision. "I'm very surprised. It worries me a lot," said André Dupras, the company's vice-president of communications. "I

thought we had good relations with them."

A Quebec government official, who spoke on condition of anonymity, said he hopes Crees don't go ahead with a road-block.

"My reaction is I hope it won't be the case," said the official, who is involved in forestry issues. "The message from (Cree negotiator Romeo) Saganash and other Crees is they prefer to use democratic methods of pressure, rather than that kind," he said.

He said that, personally, he believes Quebec's forestry policy should be changed. He believes the real culprit isn't the amount of trees cut, but rather the size of clear-cuts that makes traplines unviable.

The Waswanipi decision comes as relations between Crees and Quebec are on life-support. In February, angered by the Cree forestry court case, the Quebec government suspended negotiations on funding for Cree community projects.

The projects were promised in the 1975 James Bay and Northern Quebec Agreement, but never got funding.

Talks with Quebec also suddenly collapsed on a wide variety of other issues: everything from nurses' pay to health-care reforms and the Cree Trappers' Association.

Cree leaders and the Liberal Opposition have called Quebec's suspension of talks blackmail. "It's bad faith on Quebec's part," said Bill Namagoose, executive director of the Grand Council of the Crees.

Cree chiefs were scheduled to fly to Quebec City for an April 15 meeting with Native Affairs Minister Guy Chevrette to try to iron out the problems. But, at the last minute, the meeting was cancelled with no explanation.

by Alex Roslin

## Chief pleads not guilty

Chief John Kitchen of Waswanipi made his first court appearance on March 15 in Senneterre to face a charge of drinking and driving. He pled not guilty.

The charge stems from an incident last August in which the chief's sport-utility vehicle went off the road and into the ditch between Desmaraisville and Waswanipi late one night, missing a traffic sign by only centimetres.

Kitchen's lawyer, Jacques Ladouceur of Val d'Or, is now studying the Crown's evidence against his client. Another court date has been set, May 17, at which point Kitchen's lawyer will declare if the chief will proceed with a trial, plead guilty or try to strike a deal with the prosecutor.

Ladouceur refused to comment on the case or even to acknowledge he is representing Kitchen. "It's a professional secret. If the client doesn't authorize it, I can't tell you if he's my client," he said.

Kitchen was charged with drinking and driving once before during his previous term as chief. He was found guilty and fined \$300.

Under the law, a second drinking-and-driving offense ordinarily carries with it a minimum jail sentence of 14 days if the Crown decides to file what is known as a "notice of repeat offense," according to Val d'Or Crown prosecutor Marie-Claude Bélanger.

A jail-term would put a chief in conflict with the Cree-Naskapi Act, said Brian Shawana, executive director of the Cree-Naskapi Commission.

The act states that band council members must resign if sentenced to jail for an indictable offense. Shawana said a chief is considered a member of the council under the law.

The Criminal Code also covers some situations where public officials have been convicted of crimes. The code says no one may hold public office if they have been convicted of an indictable offense with a sentence of two years or more, unless they have been pardoned.

## Nurses strike deal

Nurses in the Cree communities stepped back from the brink of a mass resignation after a last-minute offer from Quebec.

The nurses had threatened to quit en

continued on page 9





## Win a weekend getaway!

Mother's Day is that one special day each year when we all take time to honour the special women in our lives. As we have in past years,

*The Nation* will be preparing a special issue on May 7, 1999 to acknowledge the important role played by our mothers.

To enter: Send in a story, poem, or picture telling us why your mother, your grandmother, your wife, your girlfriend, or another important woman in your life deserves to be the mother of the year. The Nation staff will judge the entries and select a winner.

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# Wake-up call

*L'Erreur boréale*

by Richard Desjardins and Robert Monderie  
National Film Board, Montreal: 1999

Is Quebec finally waking up to the hidden devastation taking place in the forests?

Quebec society never paid much attention when the Algonquins of Barrière Lake complained about logging in the 1980s. As usual, it took barricades for anyone to take them seriously. As soon as the road-blocks came down, the media went back to sleep.

Everyone acted surprised again last summer when Crees filed a lawsuit against the governments and forestry industry. Quebec, the companies and even environmentalists said they didn't think there was a problem in the forests or with the Crees.

But people may be starting to wake up. For the first time in memory, parts of Quebec's establishment are worrying about how the forestry industry operates. The media is writing unprecedented - albeit timid - articles about the devastation in the forests. It's been a long time coming.

Even though Quebec is the world's third-biggest newsprint maker, exporting \$12 billion in forest products each year, the powers that be and the media have always been silent about the destructive practices which made this possible.

Now, others are finally seeing what the Crees have been talking about. Well-known Quebec poet and singer Richard Desjardins and his friend, fellow Abitibi-ite Robert Monderie, have made a powerful film about forestry, *L'Erreur Boréale*.

The two filmmakers worry that the forests may soon go the way of the Atlantic cod. They talk about how little most Quebecers know about forestry. They complain that, to a logger, a tree is worth something only when it's been cut down.

From the air, the film finally shows Quebecers what the vast obliteration of a clearcut looks like. It shows how Quebec tries to hide clearcuts with its sad little strips of trees along rivers and lakes. At the end of the film my heart jumped to see Isaac Dixon talking about how forestry has affected his life and the Cree people. The film shows a massive clearcut in James Bay that made a shiver go down my spine. Watch for the film on French CBC this summer. For a copy call (514) 283-9817.

BY ALEX ROSLIN



continued from page 7

masse after saying the government has ignored their plight. They were upset about their pay, accommodations, heavy workload and other issues.

Nurses in the Inuit communities were also threatening to quit.

After all-night negotiations, the nurses reached an agreement-in-principle with Quebec on April 1.

They got a new \$14,000-a-year isolation bonus, which goes up to \$17,000 in some cases. The government had originally proposed a \$7-\$10,000 bonus, but sweetened the pot to resolve the crisis. The bonus applies to both Cree and non-Cree nurses.

The agreement also promises an extra \$7,000-a-year for those who work in nurse stations, where nurses have more responsibilities.

Also, nurses will be able to get up to five years of northern leave to work in Iiyuuschii or Nunavik, instead of the two years' leave permitted until now.

"This is very, very good," said Suzanne Roselle, James Bay nurses' union president, of the deal. "It was to assure that nurses would want to come up North and stay up North."

## Vancouver to host AFN summit with U.S. Natives

Five thousand delegates are expected in

Vancouver at a historic meeting of the two biggest First Nations organizations in Canada and the U.S.

The Assembly of First Nations and U.S. National Congress of American Indians are planning their meeting in late July.

"There are many common issues related to land, access to resources, the treaty relationship, poverty-related issues, self-sufficiency and the like," National Chief Phil Fontaine told reporters at a press conference. "It's not good enough, in the common struggle that we're engaged in, to confine ourselves domestically... Our issues must be elevated internationally," he said.

The organizations want to find solid ways to work together, including the possibility of reciprocal ambassadors.

The U.S. organization represents 558 First Nations; the Canadian assembly, 633. The meeting will follow separate annual meetings for both organizations in Vancouver.

## Chiefs launch hunger strike over health crisis

Two chiefs have occupied part of Sioux Lookout Hospital and promised not to eat until they see action on a crisis in health care in Northern Ontario, reports a newspaper.

Chiefs Paddy Peters and Donny Morris began their protest on Friday, April 9.

They are protesting the erosion of health services in the Sioux Lookout area.



# WALKING FOR ALL THE RIGHT REASONS

By William Nicholls

Health needs and services in Quebec have been slashed to the bone in the name of balancing the provincial budget. Down south the stories of social and health services being cut and hospitals closed are nothing new these days. In the past people used to fundraise to get special equipment for hospitals, but the governments started taxing people more to provide those health services and equipment.

Today, in the Cree territory we have seen a return to the past in more ways than one. A group of walkers would be going out to raise money for medical equipment the provincial government wouldn't purchase. In the process the walkers would promote Cree traditions, culture and a way of life that include sharing and helping out others. During the three-month walk, regular Cree people would go out of their way to help and raise more than enough money for the needed medical equipment and services.

A Journey Through The Heart of Eeyou Istchee is that story. James A. Gunner, an expert trapper and hunter, along with another Cree guide named John Rabbitskin completed a journey of over 1,370 kilometers through the bush, crossing rivers and lakes in sub-zero temperatures dropping at times to -50 degrees Fahrenheit. Fifteen youth joined Jimmy and John when they started out from Whapmagoostui on Hudson's Bay. By the end of the trip at Mistissini, there were 66 walkers, not counting those who joined in for the last kilometre.



photos courtesy of Thomas Jolly

The journey was held to raise money for a hemo-dialysis machine. This machine cleans the blood of people whose kidneys have failed for one reason or another, including diabetes. The fundraising target was \$214,000, but as of April 14 over \$314,000 was raised through the generosity of the Cree people. Inland Cree families won't see loved ones having to go to Montreal, Val d'Or or Chisasibi as the new machine will be located in Chibougamau.

Organizers of the walk say getting the machine was the main goal, but it was also to promote the Cree way of life, self-healing and traditional values. The walk lasted from February 1 to April 9.

Guide John Rabbitskin remembers when he almost gave up at the start of the trip. "For three days I walked behind the group because of my arthritis in my legs. I was wondering if I could make it or do it. I was saying I was going to quit in Chisasibi."

His attitude changed by the end of the trip: "I really enjoyed it." He started waking up happy. "I felt good. I was doing it for the people who needed the machine, but also for my wife, kids and







friends. They know I've changed," Rabbitskin said. He said he continued because he was giving part of his life for people who needed help. "I know someday I'm going to need help myself," he laughed. Rabbitskin said he learned to look at the beauty of life and the land. Another thing that touched Rabbitskin was the support Crees gave the walkers. "Everyone in the nine communities worked hard and they worked together to help people. It touched me to see all those people at the end. I felt so good... I was home. I did what I wanted to do and my family was okay. I was okay," Rabbitskin said hi to all the friends he made on the journey and thanks all everyone in the nine communities for everything they have done: "We all worked together for this."

Mistissini Chief Kenny Loon and Grand Chief Matthew Coon Come flew out by helicopter to join the walkers about five kilometres short of Mistissini. Loon remembers watching the walkers come up to them on the ice. "It was an awesome scene when we saw them, there's no other way to describe it," Loon said. "I wondered what was going through their minds this close to finishing." Loon praised the walkers saying they were special people with courage and determination. Loon said the walkers inspired Crees to pull together as a nation. "Everyone learned big lessons from this walk. One of the ones I learned is whatever we want to achieve we can if we try to achieve it together. We cooperated and there are a lot of caring people out there. The walkers inspired them to come. As leaders we should encourage our people to continue to work together."

Loon said a path of snow led up to the finishing line at Mistissini's band office. "We put down fresh snow so they could wear their snowshoes and the dogsleds could be used all the way," he said. There were people from all of the communities and they lined up on



photos courtesy of Thomas Jolly



both sides of the line. "As the walkers finished there was whistling, clapping and crying, it was very emotional," Loon said.

Another chief who found it very emotional was Whapmagoostui Chief Matthew Mukash. He told one Mistissini resident that it had been the hardest thing he ever did when he watched them begin their journey on February 1.

Deputy Grand Chief Violet Pachanos praised the youth and guides saying the trip was quite an achievement. She said her home community of Chisasibi was very supportive of the walkers when they came through the community. "It was more than just a fundraiser, it brought people out. It's something we can all understand... doing something to be closer to your family and helping them and others," she said.

Pachanos took the government to task saying, "Here we

cont'd on page 12



# COVER

cont'd from page 11

are, the Crees, going out to provide essential services for our people and others. What does that say about the Quebec government?"

Chief George Wapachee found the walk quite touching. "It's Crees pulling together to do something concrete. It's like the old days when we had a common purpose and pulled together to do it." Wapachee was quite impressed with the walkers and their determination. "Sometimes when we sit in an office we forget about these things that were so important. We have to go out like those walkers and do or see those things," he said.

In Mistissini the festivities for the walkers included a mini-feast just for the walkers when they arrived on Friday, April 9. That night the youth council hosted a concert that lasted until 2 or 3 a.m. On Saturday a feast was held where the walkers were honoured and later that evening a dance with traditional fiddle music was held at the local arena. On Sunday a community church service was held at the arena with all denominations attending.



photos courtesy of Thomas Jolly





# HEMODIALYSIS

## What is it?

It is a process where a person is hooked up to a machine. Two tubes are attached to the person's blood system. One is an in-tube and the other is an out-tube. The blood is "cleaned" by the machine using a special filter called a dialyzer. It rids the body of harmful wastes, extra salt and fluids. It also controls blood pressure and helps your body keep the proper balance of chemicals such as potassium, sodium and chloride.

## Why?

The person being treated has kidneys that have failed and thus can no longer clean the toxins and impurities from the blood. It happens for a variety of reasons. The two primary causes are diabetes (35.9 per cent) and blood pressure (28.8 per cent), according to the National Kidney and Urologic Diseases Information Clearinghouse. First Nations people are more at risk than the average population. In fact among the Pima Indians in the U.S., diabetic renal failure (diabetes leading to the need for hemodialysis) is the number-one cause of death!

Dr. Robert Harris of the Cree Health Board warns that with the rise in diabetes, we can see more people having to use hemodialysis. Fortunately Harris says Crees are not in the same category as the Pima Indians yet. He says preventive measures will help and hopes any leftover funding will be put to educational measures to prevent people from getting the complications of diabetes. In the Cree Nation 37 per cent of renal failure cases leading to hemodialysis was due to diabetes. In Chisasibi for 50 per cent of the people using hemodialysis, the cause was diabetes, and 17 per cent was due to high blood pressure.



photos courtesy of Thomas Jolly

## How often?

Hemodialysis is usually done three times a week and treatment takes two to four hours.

## Diet tips

A diet containing reduced amounts of protein may benefit people with kidney disease related to diabetes. Consume moderate amounts of protein. Ask your doctor about this. You should eat balanced amounts of food high in protein such as meat and chicken. The body uses meat protein easier than vegetable and grain protein.

Of course fatty foods should be avoided.

As well salt is a problem. Don't drink too much fluids, as they will cause the body tissues to swell which can cause high blood pressure and heart trouble.

Limit foods like milk, cheese, nuts, dried beans and soft drinks as they contain mineral phosphorous. Too much phosphorous causes calcium to be pulled from your bones.

Potassium is found in some salt substitutes, some fruits, vegetables, milk, chocolate and nuts. Too much or too little can be harmful to your heart.

Ask your doctor about what you eat, as they can give some good advice. In the long run with the right exercise regime you might find that you wouldn't be giving up as much as you thought.

For those who aren't on hemodialysis machines, remember exercise and a balanced diet can keep the complications at bay.

**BY WILLIAM NICHOLLS**





## A JOURNEY OF WELLNESS

**By Luke MacLeod**

The second annual Journey of Wellness was completed this past month in Mistissini. This journey which started in Nitchequon on February 24 covered approximately 500 kilometres and took the participants about 30 days in total. James Alfred Gunner, the same Jimmy leading the regional journey (see p. 10), started this event last year. It now coincides with our annual Wellness Week.

The public health department of the band wanted to promote healthier lifestyles through our culture and the same time give our youth the opportunity to experience the hardships and difficulties our people went through daily for their survival. And finally the participants wanted to assist in the campaign of bringing our people home, to have a treatment facility closer to the inland communities for people with failed kidneys. They raised over \$11,000 from local sponsorships for their walk.

Group leaders Charlie Iserhoff, skilled trapper and hunter, and Kenny Wapachee, on his second journey, said the weather made it more difficult this year. In the first three weeks they had only a couple of days of sunshine and most of the journey was through blizzard or hard snow fall. But both agreed, though, the hardest was when a member of the group couldn't continue and the sadness felt by everyone in seeing this person having to leave the group. "The support in kinship formed is so strong that when something happens to one, everyone is affected," said Kenny.



photos courtesy of George Awashish



Charlie had also to deal with snow blindness making it harder still, but traditional knowledge soon got his eyesight back. Our Elders say snow blindness is caused by not only straining to see, but at this time of year, there are other particles in the snow that eventually irritate your eyes enough to cause snow blindness. A simple remedy is to wash the eyes with noxema; this burns for a few minutes but after washing it out, within a day, your eyesight should be restored.

There were 14 people on this journey with six joining at about the halfway point, including five women. Each member was responsible for their own supplies, which were towed on a handmade toboggan with the help of sleigh dogs. All walked the full distance on





snow shoes. On the average they tried to cover 20 kilometres per day which meant starting at about 7 a.m. and setting up a new camp at 5 p.m. When they first started everyone found it hard but after a few days it started to get easier as they learned to pace themselves and muscles seldom used stopped aching.

Such a journey is not without mishaps and this one had a major incident caused by one of the dogs given to them for this trip. The dog could not be trained and wouldn't pull the sleigh so was allowed to run freely along the way. A couple of times it chased caribou onto their paths, stole food and, worse yet, this dog was a female and went into heat. Usually you would use this to your advantage by putting the dog in the lead sleigh, but this one was free and ran off the trail whenever she wanted and, of course, the other dogs tried to follow and this caused many overturned sleighs, eventually injuring one of the women. She had to be airlifted to Chibougamau where she stayed in the hospital for a few nights, but upon her release she returned and completed the last day of the journey with the group.

We wish to congratulate those who took part in this journey of wellness and may you continue on this journey throughout your life. Many thanks to Charlie Iserhoff and Kenny Wapachee for their leadership. Many, many thanks to all those who have helped make this possible, Elders Sam and Minnie Awashish, William and Emma Matoush, Matthew and Shequewe Matoush, all who donated equipment, food, supplies and dogs. Most of all to James Alfred Gunner who started it all.

All the participants were welcomed home with a traditional feast and a large dance was held in their honour. Emotions were high for everyone, especially when they talked about events that happened along the way, how they stood together always knowing that our saviour was their true guide in this, their journey of wellness.



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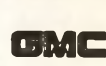
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Voices of the Elders:

## THE FLOOD

As told by Louisa Diamond Sr.



**I**t was during the hunt in the fall and there were a lot of birds. That's all you would hear, wawies. Although there were many wawies, if it was a calm day, Moojoo wouldn't go hunting. He would wait until it was windy. Even if we didn't have much to eat, Moojoo would never go hunting until it was windy.

We would dry fish and that's what we would eat, fish with their eggs that had been smoked. We also had potatoes from the huge field in Waskaganish.

One time we had to leave my grandmother and brother behind in Waskaganish. My brother had been in an accident and couldn't walk. We paddled to the place called Ministukawtimi and lived there while my mother collected fish to smoke. The days were beginning to turn cold when we started heading back.

We were heading up-river for the winter. But before we could, Moojoo planned on dropping us off at Nooscan and making his way back to Waskaganish to get my grandmother and my brother, and bring back more supplies. The north wind blew and Moojoo predicted, "The tides will probably be very high... It looks like the tides will be very high."

Later, night had fallen and we were in bed when we were told to get up. We were living in a domed tent. We were told, "You have to get up! The water's getting closer!" We got up and got dressed. The two dogs we had with us had to be re-tied on higher ground near the campsite. The stove was taken down and the boat was dragged

into our tent. All our belongings, which weren't much, were loaded up in the boat. We all sat there and after a while there was water all over.

My mother, who was sitting at the front of the boat, cried out suddenly, "Look at that rabbit!" There was a rabbit right inside the tent. "Hit it!" someone shouted, but she didn't even bother. There were rabbits all over running away from the rising water.

We sat there in the tent in the boat waiting for the tide to go out. Two of the younger children were sleeping. It was very uncomfortable and there was ice floating around. We stayed there the whole night. The next day we had to rebuild our campsite, getting boughs, drying everything and staking up the now dry tent.

At the time the old man, Edward Namagoose, was living on the island close by. They told me and my brother Harry, "Go and check up on the old man." The old man had already built his fall cabin and Sophia was living with him and his wife. We went to see them. Along the way we saw a drowned rabbit hanging from a branch. There were also chunks of ice hanging from branches all over. I don't remember how many rabbits we found hanging from branches on the way to their cabin.

The ice crunched beneath our feet as we walked over to check on the old man. There were three of them at the dry camp. We walked in. "What happened?" he asked. We told him we had been flooded and we had been told to go check up on him. He told us that when the tide was high like it was, the only place dry was where he had his lodge. The rest of the place was under water. We told him about all the rabbit we saw hanging from trees and then we headed back to our camp.

We had planned to head out that day, but it was still too cold and windy. We stayed for another night, and at dawn the next day we got in our canoe and headed up-river. It was so cold and there was ice all along the shore.

**Translated by Neil Diamond and transcribed by Brian Webb. Voices of the Elders: made possible with the assistance of the Canada Council.**





**Congratualations!** to the Cree Youth who walked over 1,370 kilomtres across the Cree land in support of Health Services and in honour of Cree traditions and rights to Eeyou Istchee.

"Since the beginning the Crees Have walked this land. The Crees were placed here to live. This is the reason why the people keep speaking out for the land, because we do not want it to be destroyed."

Whapmagoostui Elder

By walking on Eeyou Istchee you have brought attention to the Cree rights to the land. Your efforts reaffirm these rights and remind all of us we must act to protect them. The James Bay and Northern Quebec Agreement promises that the Crees will continue to be able to derive their living from Eeyou Istchee. The promise has been broken by development that excludes the Crees and degrades the land. The Cree Youth have given us an example of how hard we must fight to preserve our rights to the land. Let us come together and for every step they took on their epic walk let us commit ourselves to working together to realize our birthright to the Land.

Grand Chief Matthew Coon Come



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 GRAND CONSEIL DES CRIS (EYYOU ISTCHEE)



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 CREE REGIONAL AUTHORITY  
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Chisasibi, April 9, 1999

## The Editorial Board

The Nation

beesum@beesum-communications.com

Dear Friends,

We would like to congratulate Ms. L. Moore, from Waskaganish, for calling attention to what is surely one of the greatest public health problems in Eeyou Istchee. Motor vehicle accidents have taken away the lives of people of all ages, resulting in unbearable suffering for multiple families in our communities. We would like to add some statistics to confirm Ms. Moore's observations.

From 1987 to 1998, there were 37 deaths due to motor vehicle accidents in our territory. In 1997 and 1998 alone, there were nine deaths. It appears that the number of deaths per year is rising. Other accident victims are more fortunate and survive, but many have serious injuries. There are about 15 people from our territory hospitalized each year as a result of motor vehicle accidents. And like Ms. Moore pointed out, many others have "close calls," in which they barely miss serious injury or death.

How can these accidents be prevented? There are multiple factors that may help prevent injury from a motor vehicle accident:

**1- Regular maintenance of vehicles:** Faulty breaks, tires and steering wheels lead to accidents.

**2- Safe transportation for participants in tournaments and other events:** Subsidizing rental of buses owned by Cree Nations will avoid teams being crowded in private vehicles with potentially tired drivers.

**3- Use of seat belts and child car seats:** Seatbelts do save lives. A recent survey in Chisasibi revealed that only 11 per cent of drivers



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were wearing a seat belt. However, after one week of promoting their use, this number increased to 22 per cent. This percentage would also increase if the police and workers at the community gates performed spot-checks to ensure that everyone is wearing their seatbelts and that all children are in their car seats. Warnings could be given, although the father of a recent car accident victim suggested to me that heavy fines should be immediately imposed. He doesn't want other parents to go through what he and his family have gone through. The death of his son could have been prevented by a seat belt.

**4- Avoiding drunk drivers:** Alcohol is a major factor in many accidents, and we all have a responsibility to prevent intoxicated people from driving a car.

**5- Road maintenance and design:** Dangerous curves and rises, poor signs, loose gravel and icy road all contribute to accidents.

**6- Driver responsibility and education:** Speeding and driving when overtired are easy traps to fall into. Through the media, driver education and police enforcement of legislation, we will be less likely to put ourselves and others at risk.

It is clear that to prevent motor vehicle accidents, many measures have to be taken, by many people. Change takes time, but with an increasing number of deaths on the road, it is a priority to work together to prevent the tragedies that are in store for the rest of the year. The statistics predict that in 1999 there will four or five deaths on the road. It could be us, or any of our family members. We can beat the statistics by acting now. Please contact us, the public health team of the Cree Board of Health and Social Services of James Bay, for any suggestions on how to work together.

by Elizabeth Robinson and Robert Harris



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# THE SWEAT LODGE: THE EXPERIENCE

By Charles Esau

It is not my wish to influence anyone's beliefs but only to share my experience and some knowledge of the sweat lodge. My own experience is about myself and research from libraries. The reader may feel an energy that will enhance his or her thoughts and feelings. Your spirit will help you decide on what it wants to know and how to heal the well-being of the whole self, spiritually, emotionally, physically and mentally. The sweat lodge is an ancient healing ceremony and an experience that brings me back to purify my being.

For some time now being sober and healing from the past wounds, wounds that were passed on from another generation, probably even generations before my time here on earth, I have heard many stories, both first-hand and second-hand, about ancient ceremonies and rituals of other indigenous people. I have studied in university about the original people of this part of the world. I have joined and participated in different ceremonies. I have been welcomed out of the goodness and kindness of the people. For that I am thankful for what I have learned. They say you can take what you like and leave out the rest.

For those who are curious about this ritual, if you feel it will help you it will and if you feel that it will not it won't. The rest is up to you. I experience that daily with anything I encounter. Whatever it is the creator puts out on my path of life I will have to walk through it. That is why it's time for me to tell this story of this ancient ceremony. This paper that you're reading, and other new technologies we are adapting to, is one way of passing on knowledge and the wisdom of our people.

The sweat lodge has many functions. It cleans and heals the body and the mind bringing clarity, clearer thinking. It is a testing place, they say, offering a rite of passage where a participant can show courage, endurance and strength. It is a holy place where Native people renew their connection with God and creation.

In his book, *The Native American Sweat Lodge: History and Legends*, Joseph Bruchac includes teaching stories, indirectly explaining the sweat lodge.

Bruchac, part Abenaki, states that in the U.S., the government banned the use of the sweat lodge and destroyed those they found. By doing so the government was attempting to destroy a culture. For the Native people it was a church, one of the four sacraments.

The repression of the sweat lodge has been going on since European intrusion on this land. The missionaries and the government made an effort to convert and assimilate Natives to their religion

and cultural lifestyle. One missionary stated, "There is a custom among the man of entering daily a subterranean oven which is called a temescal, into this they bring fire. When it is sufficiently heated, they go in undressed, then they sweat profusely so that when they come out they look as they've been bathing. It is beneficial for them. For some time now these were forbidden and many itches, tumors and other epidemics were found among the men. Once the sweat house was given back to them hardly a man with an itch could be found."

Sweat lodges and saunas have proven to be effective in healing people. Sweating has been documented for centuries as a part of a healing custom in many parts of the world. Sweating is a necessary bodily function, it removes toxins from the body like a third "kidney." Secondly, many other viral agents and bacteria cannot survive in temperatures higher than 98 degrees F. The sweating burns away the illnesses. Thirdly, many endocrine glands are stimulated by the inner rise of temperature; impurities in many body organs are flushed

out. Other studies done in Finland about sweating say the heart increases the demand for blood, but does not cause a rise in the blood pressure. People with high blood pressure experience a reduction in blood pressure. When rocks are heated and water is poured on them, an abundance of negative ions is released in the air. Negative ions counter

ter fatigue and tension. Positive ions such as those found in smoggy areas or air conditioning have been linked to asthma, heart attacks, insomnia and allergies. The healing lodge is also used in drug and alcohol treatment programs.

The sweat lodge is a testing place and sometimes you will want to get out if you start to feel uncomfortable or restless. When you do complete the ceremony, you have conquered your greatest enemy, yourself. Respect has to be acknowledged to the person who wants to go out, the conductor knows that he or she does not want to hurt others.

My purpose of this writing is to explain the use I have for the sweat lodge. That is only to cleanse and heal myself from past abuse of foreign substances and my well-being. There are certain people that should be screened for their capabilities, knowledge and background. It is a practice today to give a gift to the conductor, an offering to assist them with their life too. Give and receive. I shall continue to help myself as our ancestors have. Take care and stay well on your good path called life.

**Sweat lodges and saunas  
have proven to be effective  
in healing people.**



# OUR BEARS AND THE CHRYSLER CUP



**Bears – Champions Regionals prior to Chrysler Cup**

Overall, we can be proud of our Bears who represented Abitibi-Temiscamingue-James Bay with courage and pride at the Chrysler Cup provincial hockey championships, and lived an exciting experience. After traveling all the way from west to east of the province of Quebec, the Bears, with limited elements such as two lines and two goalies, made it to Riviere du Loup and started their debut in such a prestigious tournament with a first scheduled game at 9:30 a.m., April 8. Our Bears made a come-back to tie the game against the Quebec City region, and lost it 4-3 in overtime!!!

On their second game, same day, at 17:30 p.m., you would think they could have had a break... As they stepped on the ice and followed the fast rhythm of the strong region Laurentides-Lanaudiere, but again, against all odds, they lost 5-4 in overtime!!!

The third game, Friday, April 9, at 18:30 p.m., the Bears

met Estrie region. They started hungry and were leading the game 1-0... and then, just like what hockey is all about, full of unexpected outcomes, you win, you lose... and the Bears' final score was 6-2 in favour of the Estrie region.

The finals in the Bantam CC category was Gaspé Les Îles Region 5, Richelieu region 4.

But hey! Our Bears came back still making history as the first all-Cree team to make it to the Chrysler Cup. They came a long way before reaching this and we all have to be proud of them. I am!

Thanks to the Bears organization for the excitement all through hockey season 1998-99. I still receive calls from people, fans, wanting to know what happened to the Bears in Riviere du Loup. Other scores for the Chrysler Cup (including Cree girls) in the next issue...

**By Dolores Audet Washipabano**



## GREETINGS FROM THAILAND

I can't quite believe it myself but I am writing this in the comfort of an air-conditioned email business in downtown Patong, Thailand.

It is plus 36 degrees outside on the bustling streets of this medium-sized fishing and tourism city. The sun has gone down and the streets have come alive with the night life that seems from another planet.

It has taken me days to adjust to the heat and culture of this complex and ancient land. Not much is familiar here except for the strange fact that the Thai people remind me so much of the Crees from the James Bay coast.

I was shocked to discover that the Thai thought I was one of theirs and time after time tried to talk to me in their language. I was really surprised when I found out that Native North Americans are held in high esteem by the Thai. We are seen as mystical and powerful beings in the old stereotype image of any Indian in a head dress and riding a pony.

The Thai referred to Native North Americans as "Indian-Den." When they realized I am Native and that I come from northern Canada, they greet me with wonder and want to shake my hand and spend time with me. I try to share a little bit about my culture with the Thai I meet and I am learning a lot from them.

It is not easy visiting a strange country like this on the other side of the world. Thanks to my friend Dawn Elliot of worldwide travel in Timmins, this trip is just about perfect and one I will never forget.

I've always wanted to travel but I never thought it would happen. It seems strange to me when I call home to mom and dad, and although they are half a world away, it seems like they are right next me. Thanks to the magic of modern technology and a few good friends, I'm happy to send you greetings from Thailand.

- Xavier Kataquapit



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- knowledgeable of Indigenous traditions and spirituality and how these apply to the protection of the environment;
- over 18 years of age with a completed high school diploma or able to qualify as a mature student;

All courses offered in the program represent a synthesis of western and Indigenous understanding of the subject matter. In order to incorporate Indigenous and western knowledge, each course in the program will be led by an instructional team comprised of at least one Indigenous and one non-Indigenous person.

This program is delivered in partnership with The University of Manitoba. Successful graduates will receive a Certificate in Environmental Education, Assessment and Protection. The program is transferrable for degree credit at The University of Manitoba.

To be considered for the 1999-2000 program, please submit your application no later than April 1, 1999

For more information, please contact the  
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Phone: (204) 956-0660 • Fax: (204) 956-1895 • E-Mail: earth@cier.mb.ca

How often do you receive chain letters? When you do get a chain letter what do you do with it? Do you have extra Karma to burn off and just chuck it in the garbage? Or as Will, my colleague, once pointed out, do you shiver in fear when you know that the chain letter authorities or whoever has jurisdiction over them, find out that you've thrown out the chain letter, forever breaking the chain. At least with a letter you have a choice whether to continue it or just put your karma on the line and permanently file it under G for garbage. The good ol' chain letter has caught up with the times. There is an electronic version going around purportedly named after a stripper in Florida. The Melissa virus has been making the rounds. Even a website is devoted to the virus which is a macro virus, "melissavirus.com." Macro viruses are a new type of virus that use an application's own macro programming language to distribute themselves. Unlike previous viruses, macro viruses do not infect programs; they infect documents.

According to Symantec an anti virus company melissa works by infecting Word 97 and word 200 documents. if launched it will attempt to start Microsoft outlook to send copies of the infected document to the first 50 people it finds in your address book. it will send as an attachment. The subject line will read as: Important message from (user name). The message will say "Here is that document you asked for... don't show anyone else. :-)." The Virus will only send the message once but there is a secondary effect. If an infected document is opened or closed at the appropriate time, this text will be inserted into the document: "Twenty-two points, plus triple-word-score, plus fifty points for using all my letters. Game's over. I'm outta here."... A suspect has been charged, David L. Smith, 30, of Aberdeen, N.J., has been arrested and charged with originating the e-mail virus known as Melissa. So... I'd suggest visiting <<http://www.melissavirus.com/>> to stay updated on this issue.

lylyuu@mail.com

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# CLASSIFIEDS

## 101-BIRTHDAYS

**Happy 81st birthday** to a loving, caring father, my dad Billy Salt on Apr 23. Dad, thank you for being who you are on all the things you have done for me. I just wanted you to know that I love you with all my heart and I hope you know how much I appreciate you, how much I admire the kind of dad you are... You're a wonderful dad because you mean the world to me. Love always, your daughter Donna Georgekish in Waskaganish.

**I would like to wish** my brother Norman A. happy birthday on Apr. 15th. Face it bro! I think your cute days are over. Learn to accept it. From here on it will be just a dream or a fantasy. Remember the Christmas present I got from you for my aches and pains, I think it's time to get one for yourself. As a matter of fact, get two! Gloria.

**Happy belated birthday** to our auntie Sandra Coonishish who's birthday was on Mar 22. Sandra, may you celebrate many more b-days in the years to come. Love: Jannah & Clifford Loon

**Happy 1st birthday** to our adorable little son Albert Norman Cheezo on Apr 5, 1999. Since the day you were born you've given us so much joy & happiness in our lives and you seem to brighten our days in all the little things you do. You made a big difference in our lives. You're so special to us. So sweet to be with. We love you so much. With love, Daddy and Mommy (Michel and Diane) once again, happy birthday, Sweetie.

**A belated birthday wish to Laurie** Gunner on Mar 18 and a happy birthday to Rannie Gunner on Apr 6. My birthday message to you both is as follows: though the warmth of your friendship may sometimes go unmentioned, it has been cherished and most appreciated. God has made you a blessing to me and thank you for your friendship and have a blessed birthday and many more to come. Ye are blessed of the Lord which made heaven and earth. Psalms 115:15. Loving you both always, sister Anna.

**Happy 12th birthday to Corrina** Jennilee Kitty on Apr Fool's day (April 1st). May you have a wonderful birthday and I love you with all my little heart. Love always, Sebastien.

**Happy 6th birthday to Austin** Saganash on Mar 16, 1999 and many more to come. Love always, Mom and dad, Donathan. (Waswanipi).

**A Very Special Birthday Greeting** to our Little Girl Karissa who is celebrating her First Birthday on Apr 13th. Happy Birthday! Lot's

of Hugs & Kisses. Love, Mommy & Daddy.

**Happy Birthday to our sister-in-law** Bella P. Loon, she celebrated her birthday on the 24th of March. We wish you the best in the years to come. Fr: Jeanette & Natalie

**My First Birthday Greetings** out to some special people. To my Auntie Debs on Mar 26. My Grandpa Allan who turns another year wiser on Apr 5th. My Uncle Aaron in Sudbury on Apr 9th. Happy Birthday and Lot's of Hugs & Kisses Love, Karissa Lee.

**Happy birthday** to make cute little nephew Albert Norman Cheezo on Apr 5. You are so special to me. You bring so much happiness and laughter into my life. I'm glad to have you as my nephew and proud to say that you are! Hope pure birthday will be a special is you are! With love always, Melinda.

**Happy 18th birthday** to my sister Pamela Georgekish on Apr 16. I wish you the best in life and I hope you'll have a great time on your birthday. With love always, your sister, MG.

**Happy first birthday** to our granddaughter April Joylene Loon on Apr 19, 1999. You are our little bundle of joy. We love you sooooo much! Love, Grandma and Grandpa Matoush.

**A special birthday wish** going out to my adorable nephew Clayton Saganash on Apr 5, 1999. Hope your birthday party was lots of fun. May God bless you and keep you safe throughout the year. Love, Gloria, Savannah and Kerishia Jolly. Waswanipi.

**Bonne fete a mon amie** pour toujours Eva Sharl on Apr 25, 1999. I just wanted to wish you all the happiness you could possibly have and take care of yourself. Remember I'm always here if you need me and that's what friends are for. Anyway, have fun!!! With love and friendship, Gloria Jolly. Waswanipi.

**Birthday greetings to my brother** John Kanatwat on Apr 21st. How old or you? Oh, I think I know. I better not tell the whole world. You might... When are you and Sharon coming to Hull so we can go to the casino. I hope you like your card I sent to you. Did you answer the survey? Once again John, happy 7 Birthday and many more years to come. Hope you won't party on your special day. I love and miss you. Love, sister Lorraine K. xoxoxoxoxoxo. P.S. wachiya Sharon.

**Happy 81st birthday** to our wonderful and caring grandfather, Billy Salt on Apr 23. Hugs and kisses! From your grandchildren, Mindy, Beverly, Bradley, Sherry, Wendy and Kelly in Waskaganish. P.S. we love

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you!

### Birthday wishes to our brother

Donald Wischee who will be celebrating his day on Apr 15. Wherever you'll be on your birthday of the wanted to know that you are specialty each and everyone of us. So take care of yourself and had a

happy birthday!!! With love from your brothers and sisters, Shirley, Gloria, Victoria, Samson, Cynthia, Henry Wischee. (Waskaganish) P.S. How's your sweet tooth?

**Donald Wischee will be celebrating** his birthday on Apr 15. God

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bless you son! Hubby birthday and many more to come! Love, mom.

**Happy belated birthday** to Valerie-Lynn Gull who turned 12 on Mar 25th! Sorry this is so late but at least I remembered your birthday. Don't know what else to say but Happy belated birthday!! From: Stephanie Richmond & Amy Zachary (Val-d'Or)

**Our uncle Donald Wisches** will be celebrating his birthday on Apr 15. We want to wish you a happy birthday and we all want to be there when you blow out your ?? candles. Love, your nieces and nephews: Andrea, Martina and Jennica Moar, Jordan and Jordana Moses, Dwayne and Paula Salt.

**Happy birthday** to my cousin and friend Pamela Georgekish who will be celebrating her birthday on Apr 16, 1999. Have a wonderful day and I hope your dreams and wishes come true as you celebrate your special day. Once again happy birthday. From friend and cousin J.D. Waskaganish.

**For: Rita Wash Snowboy** on Apr 17. Tina Matthew on April 30. To my two dear friends, happy birthday!!! I just wanted to let you know how much your friendship means to me. I consider myself very lucky to have such good friends like you, knowing I can trust you. Some people do things

that make them the good, but you do things out of the goodness of your hearts. I'm glad that you're always there for me when I need someone to talk to. I may not be able to show with or say it but having you as friends is one of the things that keep me going when times are bad. I hope you know you can lean on me too..... anytime. From your friend Pauline M.

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## 300-PERSONALS

### TO ALL CLASSIFIEDS

**LOVERS.** Send email messages to [rez@beesum-communications.com](mailto:rez@beesum-communications.com) for guaranteed placement (no attachments) and when faxing in your messages please refrain from sending in a cover sheet. Savel, savel, savel our forests!

**Hi** to all of my friends from Nemaska. I miss you all buddies. I hope to see you all soon. Take care of yourselves. From Virginia Saganash. Mistissini.

**A few words** to Ronnie David Sam. Here it goes, I need you, I miss you, I love you too much to let go, it will always be you my sweet love (come back) love highways and forever, JA Eagle. Waswanipi. xox.

**A few words** to Ian Langdon. When I first saw you there was something inside of you, something I thought I would never find. Take care. Love always. DF Happyjack. Waswanipi.xoxoxoxo.

**Hi to or friend** Gilbert house in Chisasibi. Hope you're doing great. Us we're fine. (Take care) buddy. Love in friendship, J. A. Eagle, D.F. Happyjack and J.R. Moore.

**Hi** to my boyfriend Anderson Paul Jolly. I just wanted to say hi to you and to let you know that I love you and I miss you sometimes. I have memories about you like we used to have fun. I miss all the fun times we had. From VS. Mistissini. P.S. take care yourself. Je t'aime beaucoup! xoxoxoxoxox.

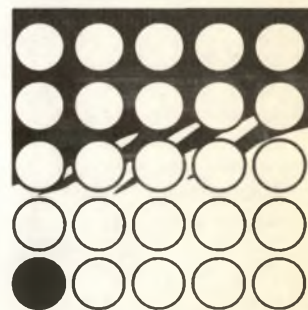
**Hi to my cousin in Nemaska** Tommy Neeposh. I just wanted to say hi and I hope I'll see you soon cuz. Take care yourself! From your cousin Virginia Saganash. Mistissini.

**This goes out to someone** I love so much.... (He knows who he is) you light up my life in a special way. Thank you for everything you have done for me and mostly for being in my life. I never thought that you would fill my life with joy. I won't let no one take you away because you came along and changed my life. You will always have a special place in my heart and I'll always love you. From your girl. xoxoxoxoxoxoxo.

**My hubby Larry.** On April 13, 1995 is the day 21st met each other at approximately 2:30 a.m. after closing time of the bar. I can still remember what it was like. Feeling good with a lot of fun and laughter. At times like this, I wish I could go back to that feeling. And have to go through the same things. Looking back to the Pops I realize how lucky I was to meet you at that time of my life. I thank

the Lord for giving me to have you in my life. I just never thought that I could meet someone who cares a lot about me and tries to fix every little thing that bothers me. Someone that listens to me and who always wants to be by my side. I just realized that not all of us have these kinds of people in our lives. This makes me the luckiest lady on earth with three great children. I just would like to say happy anniversary and I will always love you no matter what happens to our future, although at times are rough and we always managed to overcome them. But hey! Hang in there, and don't let it fall apart. I love you! From your one and only Babe Blue.

**Hi to someone in Waswanipi** Jeremy Jolly. I can't wait to see you! I think about you all the time! From: Your secret admirer:0)



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